

**Model No. 831.280790**

Congratulations for purchasing the innovative WEIDER® BUN & AB TONER PLUS. The BUN & AB TONER PLUS is a compact resistance trainer that focuses on specific areas of your body—the hips and thighs, abdominals and back, arms, and chest—to give you a shapelier figure, improved muscle tone, and increased overall fitness. And the BUN & AB TONER PLUS is lightweight and portable—perfect for use at home, at the office, or while traveling. Used as part of a program that includes aerobic exercise, strength training, and a proper diet, the BUN & AB TONER PLUS will help you to look better and feel better.

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory. **To avoid unnecessary delays, please call direct to our toll-free customer hot line.** The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

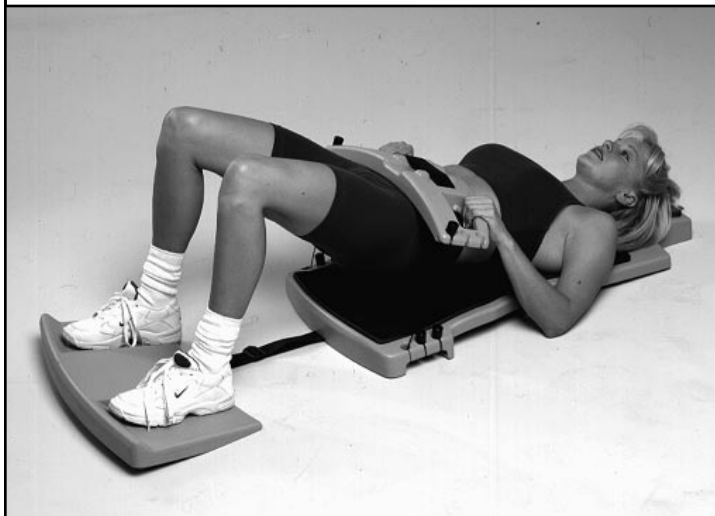
**EXERCISE  
EQUIPMENT**

**QUESTIONS**

**HELPLINE!**

**1-800-736-6879**

**WEIDER®**  
**BUN & AB TONER**  
**•PLUS•**



## **IMPORTANT PRECAUTIONS**

- Read all precautions and instructions in this exercise guide and view the included videocassette before using the BUN & AB TONER PLUS.
- It is the responsibility of the owner to ensure that all users are adequately informed of all precautions and instructions.
- Use the BUN & AB TONER PLUS only as described.
- If you feel faint, dizzy, or short of breath while exercising, stop immediately and begin cooling down.
- Before you begin this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

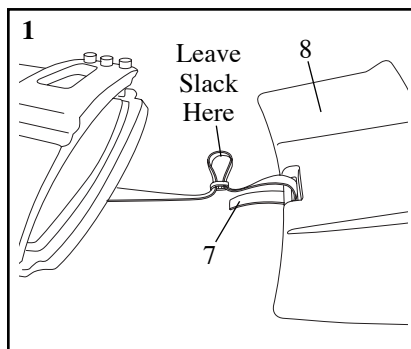
**SAVE THIS MANUAL FOR  
FUTURE REFERENCE**

**EXERCISE CHART**

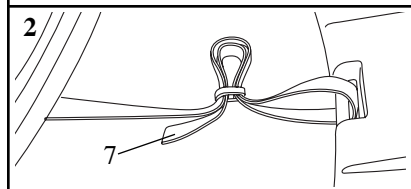
## Set-up

Place all parts of the WEIDER® BUN & AB TONER PLUS in a cleared area and remove the packing materials. **Make sure that all parts are included before disposing of the packing materials.** Follow the steps below to set up the WEIDER® BUN & AB TONER PLUS.

1. Pull the end of the Adjustment Strap (7) out of the buckle. Leave some slack in the Strap as shown. Feed the end of the Strap down through the slot in the Foot Rest (8).



2. Feed the Adjustment Strap (7) back through the buckle as shown. Pull the Strap tight.



## Exercise Guidelines

The WEIDER® BUN & AB TONER PLUS offers a variety of exercises that tone your hips and thighs, abdominals and back, arms, and chest. The photographs in this exercise guide show the proper form for each exercise.

To tailor the intensity of each exercise to the level that's right for you, simply change the resistance bands, add weights, or change the number of repetitions that you perform. (See How to Adjust the Resistance at the right.) Start with the lowest resistance level. When you can easily complete several repetitions of all exercises, move up to the next resistance level. Be careful to avoid overdoing it during the first few weeks of your exercise program. It is better to increase the number of repetitions you do than to increase the resistance too quickly.

Always begin and end each workout with a few minutes of stretching. Stretching prepares the body for exercise by increasing the body temperature, heart rate, and circulation. After exercise, stretching allows the heart rate to return to normal and the muscles to cool down gradually. Stretching after exercise is also very effective for increasing flexibility.

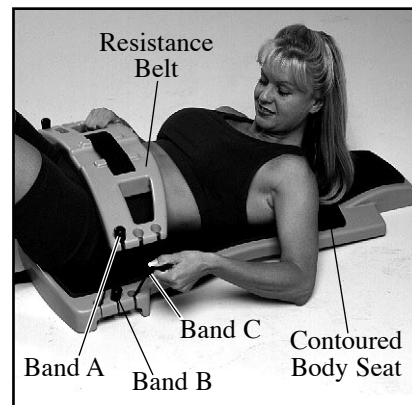
Remember to keep plenty of water nearby as you exercise, and drink periodically to avoid dehydration. **If you feel faint, dizzy, or short of breath while exercising, stop immediately and begin cooling down.**

## How to Adjust the Resistance

The WEIDER® BUN & AB TONER PLUS offers many different resistance levels to allow you to tailor the intensity of your exercise.

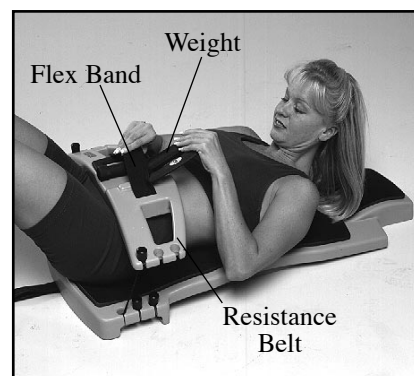
The resistance bands can be attached in different combinations to provide seven different resistance levels. To connect one of the resistance bands, lie on the contoured body seat and place the resistance belt on your abdomen. Then,

firmly hold the knob on one end of a resistance band, pull the knob up, and fit the knob into the appropriate groove in the resistance belt. Attach the other end of the resistance band to the other side of the resistance belt. **Always be sure that you attach the same resistance band on both sides of the resistance belt.** To disconnect a resistance band, firmly hold the knob, pull the knob out of the groove in the resistance belt, and rest the knob in the groove in the contoured body seat.



If you are just beginning an exercise program, connect only resistance band A to the resistance belt. This will give you the lowest resistance level. To select an intermediate resistance level, connect various combinations of the three resistance bands. When you are ready for an advanced resistance level, connect all three resistance bands. The approximate level of difficulty is as follows (from lowest resistance to highest resistance): 1st—band A, 2nd—band B, 3rd—bands A and B, 4th—band C, 5th—bands A and C, 6th—bands B and C, 7th—bands A, B, and C.

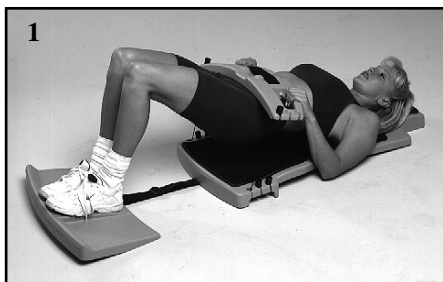
You can further increase the resistance level by adding one or two of the two pound weights to the resistance belt. To attach the weights, lift the flex band and slide one or two of the weights under the flex band. **Be sure the weights are securely seated in the grooves in the resistance belt.** Lower the flex band to securely hold the weights in place.



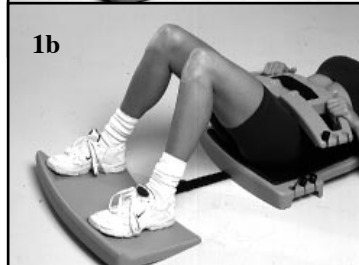
# Exercises

## 1. Pelvic Tilt (targets hips, buttocks, and thighs)

Lie on the contoured body seat with your knees bent and your feet flat on the foot rest. Select the desired resistance level and hold the resistance belt on your abdomen as shown. With a smooth, constant motion, raise and rotate your pelvis inward as you rise from the seat. Slowly return to the starting position. Repeat as many times as your comfort level permits. Always keep your upper back and shoulders on the seat.

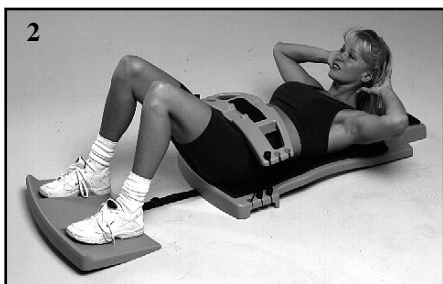


You can focus on specific muscles by varying your foot position. Point your toes out (see 1a) to focus on your inner thighs. Point your toes in to focus on your outer thighs. Place your feet in a narrow position (see 1b) to focus on your buttocks. A wide foot position will focus on your waist and hips. **Always keep your feet fully on the foot rest.**



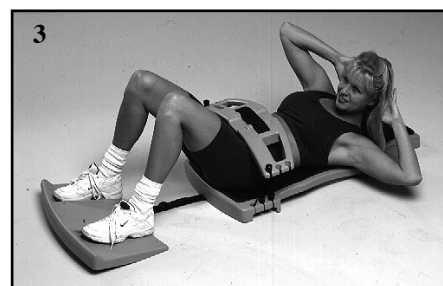
## 2. Basic Crunch (targets abdominals and back)

Lie on the contoured body seat with your knees bent and your feet flat on the foot rest. Place the resistance belt on your abdomen and select the desired resistance level. Lock your hands behind your head. **Using your abdominal muscles**, slowly curl up halfway to a sitting position. Return to the starting position. Repeat as many times as your comfort level permits. Always keep your lower back on the seat. To increase the intensity of the exercise, hold a hand weight in each hand and cross your arms over your chest.



## 3. Oblique Crunch (targets waist and sides)

Perform this exercise in the same way as the Basic Crunch, but as you curl up, bring your left elbow toward your right knee; on the following repetition, bring your right elbow toward your left knee. Perform as many repetition as your comfort level permits, alternating sides with each repetition. Always keep your lower back on the seat.



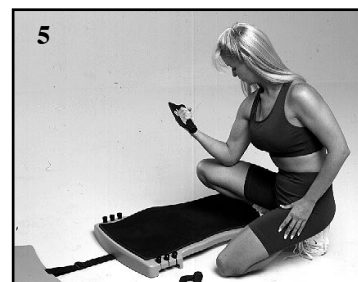
## 4. Hand Weight Flies (targets chest and shoulders)

Lie on the contoured body seat with your knees bent and your feet on the foot rest. Extend your arms with a hand weight in each hand. Raise your arms and bring your hands together until the hand weights almost touch. Return to the starting position. Repeat.



## 5. Biceps Curl (targets biceps and forearm)

Position yourself as shown. Rest your elbow on your leg. Extend your arm and hold a hand weight with an underhand grip. Slowly curl the hand weight up toward your shoulder. Return to the starting position. Repeat. This exercise can also be performed while doing the Pelvic Tilt exercise (see exercise 1).



## 6. Triceps Extension (targets triceps and forearm)

Sit on the contoured body seat with your knees bent and your feet on the foot rest. Hold a hand weight above your head with your elbow bent as shown. Slowly straighten your arm. Return to the starting position. Repeat.



## Customer Service

If you find that:

- you need help with assembly
- a part is missing
- or you need to schedule repair service

call our toll-free HELPLINE at **1-800-736-6879** Monday–Saturday, 7 am–7 pm Central Time (excluding holidays)

If parts become worn and need to be replaced, call this toll-free number: **1-800-FON-PART (1-800-366-7278)**

All replacement parts are available for immediate purchase or special order when you visit your nearest SEARS Service Center. To request service or to order parts by telephone, call the toll-free numbers listed at the left.

When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The MODEL NUMBER of the product (831.280790).
- The NAME of the product (WEIDER® BUN & AB TONER PLUS).
- The PART NUMBER and DESCRIPTION of the PART (see the PART LIST on this page).

## Full 90 Day Warranty

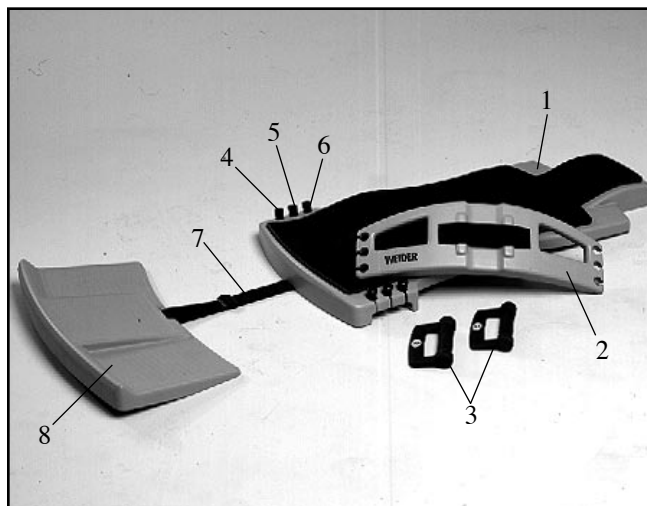
For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this SEARS BODY TONER EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the BODY TONER EXERCISER, free of charge.

This warranty does not apply when the BODY TONER EXERCISER is used commercially or for rental purposes.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

**SEARS, ROEBUCK AND CO., DEPT. 817WA,  
HOFFMAN ESTATES, IL 60179**

## Part List



| Key No. | Qty. | Description            |
|---------|------|------------------------|
| 1       | 1    | Contoured Body Seat    |
| 2       | 1    | Resistance Belt        |
| 3       | 2    | Two Pound Hand Weight  |
| 4       | 1    | Resistance Band A      |
| 5       | 1    | Resistance Band B      |
| 6       | 1    | Resistance Band C      |
| 7       | 1    | Adjustment Strap       |
| 8       | 1    | Foot Rest              |
| #       | 2    | Adjustment Strap Screw |
| #       | 1    | Exercise Chart         |
| #       | 1    | Healthy Eating Plan    |
| #       | 1    | Videocassette          |

“#” Indicates a non-illustrated part. Specifications are subject to change without notice.

## Maintenance

To keep the WEIDER® BUN & AB TONER PLUS looking great, clean the BUN & AB TONER PLUS with a soft, damp cloth. *Never use solvents on the BUN & AB TONER PLUS.*